



Conversion Chart

The units used in the United States may be different from the units that you are used to. This chart can be your helper in doing the conversions.

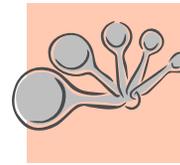
Blood Glucose

1 mmol/L = 18 mg/dL



Volume

1 Tbsp = 3 tsp
 1 cup = 16 Tbsp
 1 cup = 8 fl oz
 1 cup = 237 ml/237 cc
 1 fl oz = 30 ml



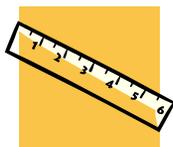
Weight

1 oz = 28.4 g
 1 lb = 16 oz
 1 lb = 454 g/0.454 kg
 1 kg = 2.2 lb



Length/Distance

1 inch = 2.5 cm
 1 foot = 12 in
 1 mile = 1.6 km
 1 km = 1,000 m



Temperature

32°F = 0°C
 212°F = 100°C

